Catfish Stew with Rice

Ingredients

- 2 medium potatoes
- 1, 14 1/2-ounce can tomatoes, cut up
- 1 cup chopped onion
- 1, 8-ounce bottle (1 cup) clam juice or water
- 1 cup water
- 2 cloves garlic, minced
- 1/2 head cabbage, coarsely chopped
- 1 lb catfish fillets
- 1 1/2 tablespoon Hot 'n Spicy Seasoning (see Hot 'n Spicy Seasoning)
- sliced green onion for garnish (optional)
- 2 cups hot, cooked rice (white or brown)

Preparation: Peel potatoes and cut into quarters. In a large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boiling; reduce heat. Cook, covered, over medium-low heat for 10 minutes.

Add cabbage. Return to boiling. Reduce heat; cook, covered, over medium-low heat for 5 minutes, stirring occasionally.

Meanwhile, cut fillets into 2-inch lengths. Coat with Hot 'n Spicy Seasoning. Add fish to vegetables. Reduce heat; simmer, covered, for 5 minutes or until fish flakes easily with a fork.

Serve in soup plates, garnished with sliced green onion. Top with an ice cream scoop of hot, cooked rice. Or, ladle stew over hot, cooked rice in soup plates and garnish with green onion.

* To reduce sodium, try low-sodium canned tomatoes.

Makes 4 Servings

Nutritional Content: (per serving)

calories: 355total fat: 5g

saturated fat: 1.3gcarbohydrates: 49g

· protein: 28g

cholesterol: 65mgsodium: 454mgdietary fiber: 7g

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Hot 'n Spicy Seasoning

Ingredients:

- 1/4 cup paprika
- 2 tablespoons dried oregano, crushed
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1/2 teaspoon red (cayenne) pepper
- 1/2 teaspoon dry mustard

Mix together all ingredients. Store in airtight container.

Makes about 1/3 cup.

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